



Life Milestones Timeline

Trauma Over a Lifetime

Earning CEUs



- CEUs are available for the 7 content modules as a series (7 CEUs total)
 - One pre- and post-series assessment required for the program as a whole
 - OptumHealth Education saves all CEU credit documentation on their website
 - <https://www.optumhealtheducation.com/>
- Accreditation opportunities include:
 - American Medical Association PRA Category 1 Credit™ by the Accreditation Council for Continuing Medical Education
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 - Pharmacy Tech Certification Board
 - Case Manager Certification by the Commission of Case Manager Certification
 - American Board of Social Work Certification and American Psychological Association Certification and National Board for Certified Counselors Certification

Meet Our Faculty

Kerianne Guth, MSW



Kerianne brings 10 years of experience working with vulnerable and underserved individuals and families. Her work focuses on the translation of trauma-informed clinical care into organization and leadership strategies. She previously served as the Administrative Director for Behavioral Health and Addiction Medicine at Cooper University Health Care in Camden, NJ. There, she co-led the start-up

of the Division of Addiction Medicine that offered medication treatment for substance use disorders, behavioral health support, inpatient consultation, and trauma informed population health initiatives. She was also a founding team member of the Urban Health Institute at Cooper, a dedicated business unit transforming healthcare delivery. Early in her career she worked as a maternal-child health home-visiting social worker after receiving her Master of Social Work degree from the University of Pennsylvania. Kerianne is based outside of Philadelphia with her husband, son, daughter, and two rescue dogs.

Myra Miller, LCSW



Myra Miller is a Licensed Clinical Social Worker with 30 years of experience in the medical and social service fields. She has worked with a diverse population of clients including active military, veterans, adults in an in-patient setting with BH and substance use disorders and out-patient IOP/PHP settings for those with co-morbidities. She maintained a private practice for many years assisting those in a rural

setting with limited access to services, partnering with PCP's and other specialists. She is past president of the Upper Cumberland Social Service Association and producer/host of "In the meantime ...exploring life's transitions", a weekly radio program aimed at building mental health awareness and education. She has performed public speaking engagements to community organizations to improve mental health awareness and resources along with volunteering with local women's groups to support healthy relationships, self-care and developing talents. She enjoys working with those in the UHC stabilization program and is working on innovative new programs, such as a Telebehavioral health program. Effective communication, conflict resolution skills and mind-body connection education are fundamental elements in developing person-centered, strengths-based goals she uses with clients. Her motto is "Change your mind and your life will follow..."

Check Point

Today's presentation includes material that may elicit complex feelings for some individuals. Please sign out at any time the material being presented causes you discomfort or distress.

This informational training is an overview of current research and its applicability to current practices. Always defer to your business unit's specific policies. When in doubt, always check with your supervisor.

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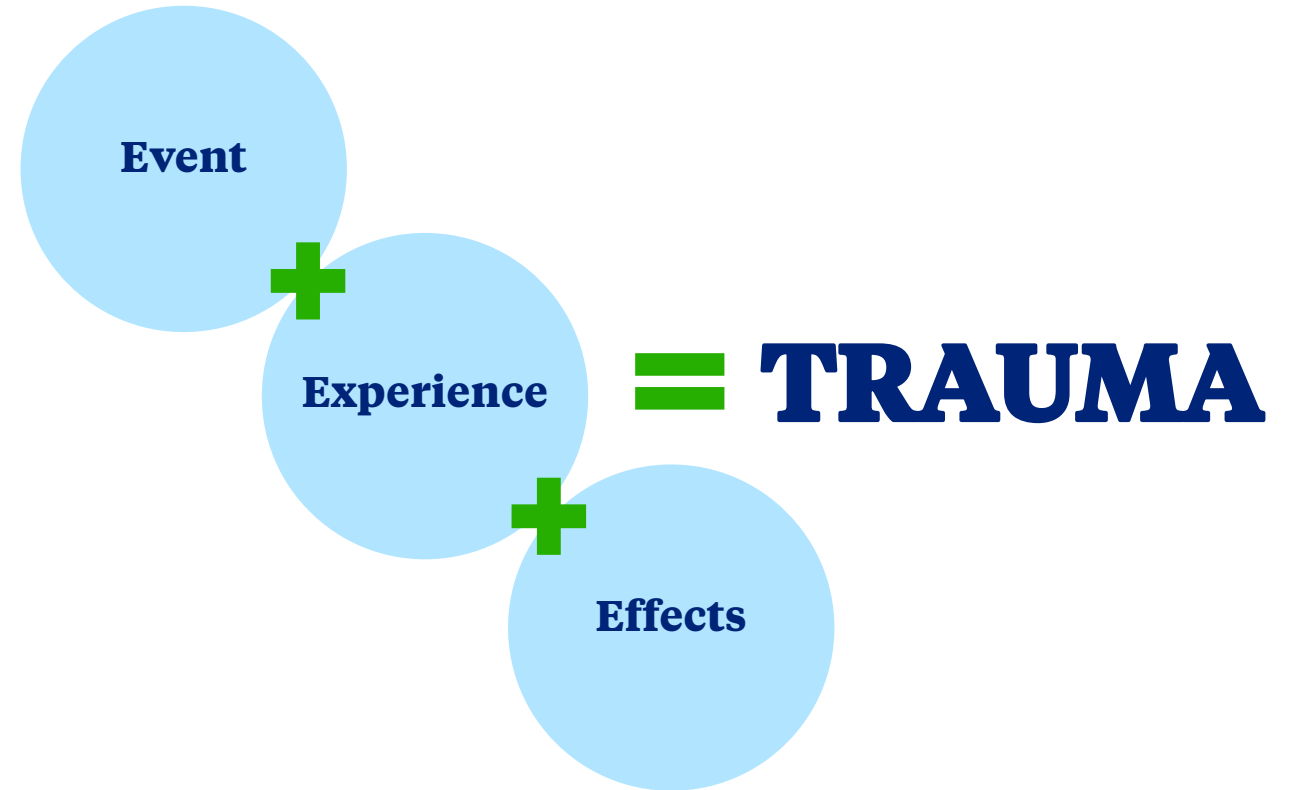
Learning Objectives

At the end of this course you will be able to:

- Define the Life Milestones Timeline.
- Identify why mapping trauma over the lifetime is important.
- Discuss how to build a Life Milestones Timeline.
- Discuss how to use the information gathered from a Life Milestones Timeline.

What is Trauma?

Events or circumstances that are physically or emotionally harmful or life-threatening and that result in **adverse effects** on the individual's functioning and well-being.*



**Substance Abuse and Mental Health Services Administration (SAMHSA)*

The Life Milestones Timeline

- A chronological illustration of significant life events
- Labels key times of wellness, loss, change, accomplishments, and other life milestones
- Can be as detailed or basic as the person wishes
- Flexible in creation – ranging from general to topic-focused



Connection to Care Philosophy and Practice

- Trauma-Informed Care
- Person-Centered Care
- Motivational Interviewing
- Personal Narratives
- Positive Psychology



Importance of the Life Milestones Timeline

- Makes an individual's life experience visible and referenceable
- Offers a window into the pivotal moments that shape an individual's thought processes, beliefs, and behaviors.
- Gives visual cues and allows recurring themes to emerge across stories
- Timeline can be generated over time through natural discussion or more directed conversation and activity

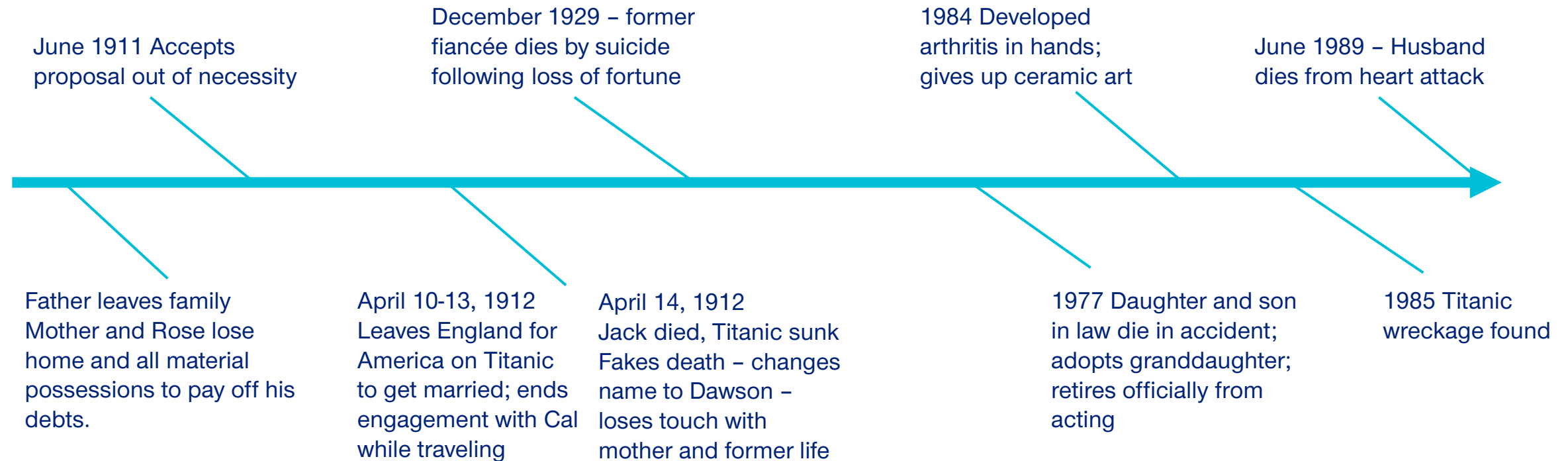


Journal Prompt

You will be asked to complete a Life Milestones Timeline to build empathy for the experience.

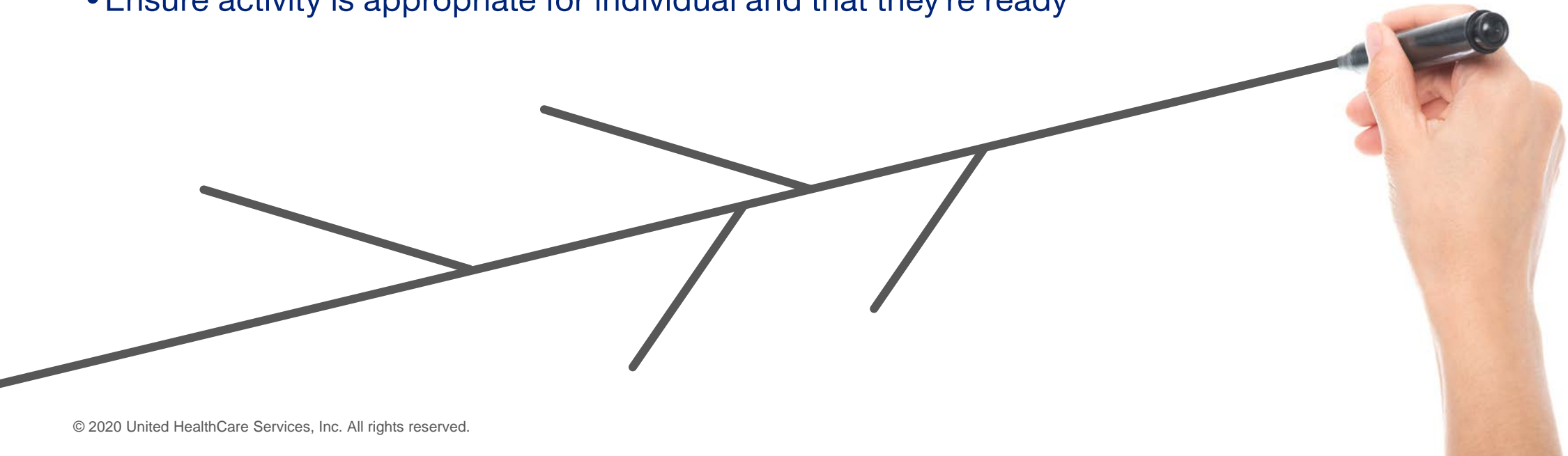
Sample Life Milestones Timeline

Rose Dewitt Bukater Calvert “Titanic Survivor”



Facilitating the Life Milestones Timeline


- Can be completed independently, collaboratively or both
- Establish safety before beginning
- Determine type of timeline at start of activity
- Can be started, stopped, and added to over time
- Conversation around activity is valuable
- Ensure activity is appropriate for individual and that they're ready



Language During the Life Milestones Timeline

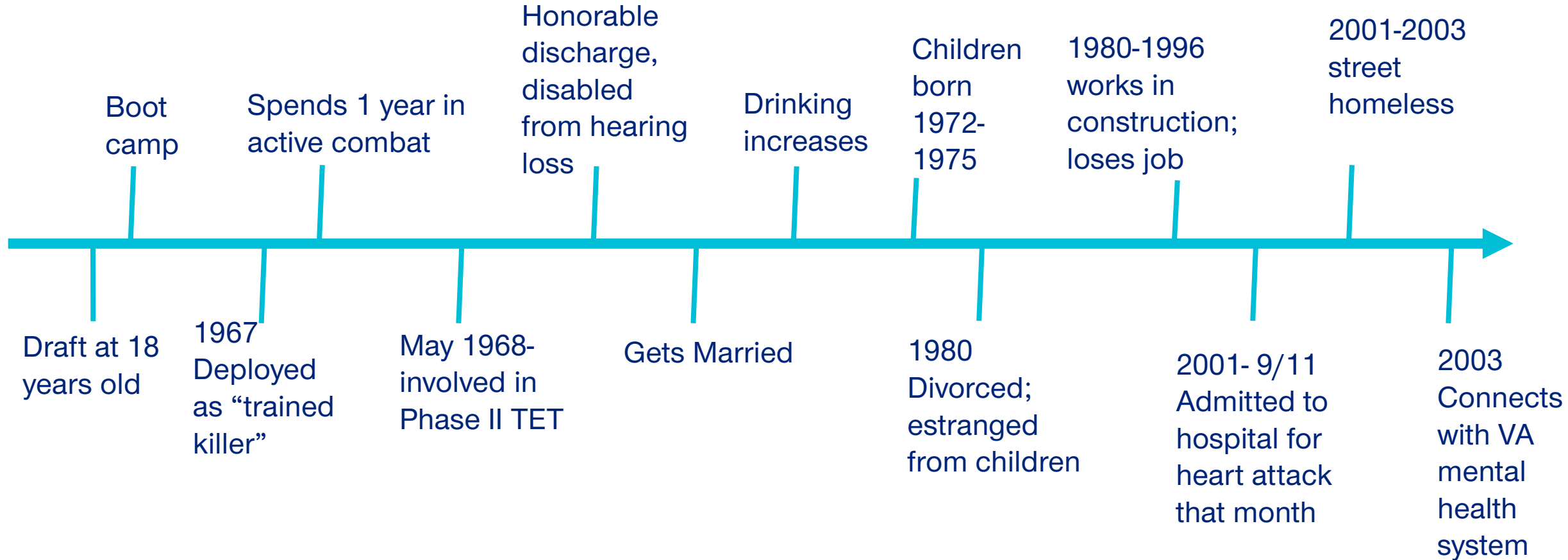
- Be empathetic and avoid re-traumatization
- Highlight strength and resilience
- Sample conversation starters:
 - “Tell me about a time...”
 - “Do you remember...?”
 - “What significant events...?”
- Remain focused on the person
- Establish safety and respect





**Case
Presentation
of the Life
Milestone
Timeline**

Vietnam Veteran's Combat Experience Timeline



How to Use Information on Life Milestones Timeline

- No prescriptive actions based on results
- Review for patterns and themes
- Identify periods of health or positive conditions
- Consider pairing with Ecomap, ACE Survey
- Inform ongoing care plan



Personal Next Steps

1. Complete a Life Milestones Timeline for yourself
2. Use your Personal Journal to reflect on that experience
3. Reflect on your role and the individuals you or your organization serve. Identify a potential opportunity to introduce this concept and tool to your work.



Journal Prompt

Build your own personal Life Milestones Timeline and identify your personal patterns and themes.

Key Takeaways

1

The Life Milestones Timeline shows the order of events or experiences that may contribute to increases in symptoms.

2

Learn more about a person's history and who they are as a whole person with space for deeper reflections and relationship.

3

The Life Milestones Timeline can be general or topic-focused over the full life or a specific period of time.

4

Each timeline is unique and culminates in cycles of positive and negatives, highs and lows over the course of a lifetime.



Additional Resources

Additional Development Resources

- [How to Create a Timeline: The Power of Re-working Your Life's Story, 1 of 2,](#)
By Athena Staik, Ph.D., 2013
- [The Timeline Exercise: Creating Shifts & Healing Meanings in Your Life Story, Part 2 of 2,](#)
By Athena Staik, Ph.D., 2013

Life Milestones Timeline Template

(Use this as a template for building a Life Milestones Timeline. Draw events across the provided timeline.)



Learning Circle Guide: Life Milestones Timeline

Directions: In your self-defined Learning Circles, a peer facilitator leads a discussion and/or role-play leveraging the talking points below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

- Based on what you learned in this session, can you imagine aligning significant life events with current health conditions?
- What challenges might get in the way of completing this activity?
- For those that are not in direct service delivery roles, can you describe ways that lessons learned in this session can apply to your role/work?
- Discuss the possible topic-focused timelines you might engage in with a person you serve and why you selected that topic.
- If time permits and volunteers are willing, engage in a role-play where you practice the Life Milestones Timeline. Focus on:
 - Explanation of the activity
 - Allowing natural discussion to flow
 - Look for patterns and themes in identified events